



Benelux Meteor

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Quick Read

In General

New way to be robbed

A Belgian host national was robbed electronically June 19 at a Dexia Bank auto teller machine on Avenue Jean D'Avesnes in Mons. Apparently someone had fitted the machine with an extra card reader and video camera to view PIN numbers entered on the keypad. A couple days later, the ATM user's postal account had been emptied. Belgian police advise to check whether any ATM machine has been modified. If suspicious, call the bank and police. Also check your bank account statement. If you have been abused, report it to police. Info: Mons-Quévy Police, 065 383290.

Belgium

Command to change

U.S. Army NATO invites the public to a change of command ceremony in which Col. Steve Poet will relinquish command to Col. Barry Swain, Aug. 10, 10:30 a.m. at the SHAPE sports field. Suggested dress is business attire for civilians and duty uniform for military members. Info: Sgt. John Coakley, DSN 423-4707.

AFAP advances

The Brussels AFAP steering committee met June 24 and examined issues worked since March. Several are completed. Unresolved issues were forwarded to the 80th ASG level. The current status of issues will be published on the Web in August, so please check www.brussels.army.mil for details. If you still have a concern to be addressed, please follow up with the appropriate agency. Info: Isabelle Gillet, NSA ACS Program Analysis and Marketing / AFAP Coordination, DSN 368-9643, or 02 717-9643, Isabelle.Gillet@benelux.army.mil

Benefits explained

Learn about veteran benefits July 28, 10 a.m.-noon; One-on-one counseling 1-4 p.m., NSA, conference room, Brussels. Reservations or info: DSN 423-4575 or maria.johnson@usanato.army.mil

Netherlands and Germany

Summer means Bible School

Join us on Lava Lava Island for the hottest Vacation Bible School at AFNORTH Chapel Aug. 9-13, 9 a.m.-12:30 p.m., for ages 4-12. All denominations and all nationalities are welcome. Let your children join in the fun. Info and sign-up, DSN 364-2940 or 045 526-2940.

Virus, scam or worm delivered instantly



PHOTO ILLUSTRATION: F. Neil Neeley

There are all kinds of crooked reasons to exploit computers. Hackers might want information about military weapons, to learn home addresses of personnel for kidnap or reprisal, or to make destructive mischief. Others on the Internet are out to steal your money. Because of your honesty, you might be offered to get millions of dollars out of Africa for a percentage... of absolute trouble.

By F. Neil Neeley

Clickety-clickety-tap—Careful, it's a jungle out there. Cyberspace is full of all sorts of creepy worms and viruses. Someone may even be watching you while you're online. It could be some bad guy recording every key stroke you make hoping to get at your password or credit card number.

Robert Renfro is the 39th Signal Bn. information assurance officer responsible for Chièvres Air Base and Daumerie Caserne computer security. Some people view Renfro as the bad guy.

"They think that because I'm the IAO, I want to unplug every machine," said Renfro. "I don't. I want to make sure that the network is as secure as it possibly can be. It doesn't mean totally secure because we won't get any business done. I want to make sure that Soldier down at the other end of the pipeline in Iraq or Afghanistan gets the bread, butter and bullets that he needs, and our network all the way back up the chain is that resource."

Renfro says he is seeing a spate of improper usage of government computers.

"We are able to detect when these messages are being sent and

will notify the proper authorities when needed," he said. "Chain letters and the forwarding of cyber scams clog our email systems and slow down our network, and since you don't know who the recipients may be down the line, you could expose yourself and the Army to other malicious activities and make your account a target for worms and viruses."

"The real issue is that there are people who are not following current policy which says, 'Don't forward chain mail,' because that gives everybody your email address."

Renfro defines chain mail as "Send this to ten people or your cat is going to die tomorrow," or "send this to twenty people and you'll get a dollar per person."

Forwarding jokes is a problem too, he says. "When you forward that joke to ten different people, you don't know where those ten different people are going to send your email address. If they send it to ten more people, ten times ten, times ten, you begin to get an idea of all the different places your email address is. All it takes is one of those chains to get infected and it has a line all the

way back to you."

Renfro explains what else can go wrong if you aren't vigilant. You could find yourself dealing with worms, viruses and cyber scams.

Worms aren't just something found in a tackle box. According to Renfro a worm is a computer program that has the ability to copy itself from machine to machine. Worms normally move around and infect other machines through computer networks. Using a network, a worm can expand from a single copy incredibly quickly. For example, the Code Red worm replicated itself over 250,000 times in about nine hours on July 19, 2001. A worm usually exploits some sort of security hole in a piece of software or the operating system

"What happens with the worms is something very similar to chain mail," Renfro said. "When worms infect a machine they not only look in the mailbox for email addresses, they scan the local box. If that box happens to be a server for an

Internet retailer, it's not only looking at emails, it's also looking at all the accounts and will get the emails out of there. Then it starts its own email service to send stuff out. It will either spoof your address in order to send mail out to other people or it will send mail to you using somebody else's address. It's a scary thing when you stop to think about how well these guys have written this."

Renfro explained that computer viruses get that name because they share some of the traits of biological viruses. "A computer virus passes from computer to computer like a biological virus passes from person to person," he said.

A computer virus must piggyback on top of some other program or document in order to get executed. Once it is running, it is then able to infect other programs or documents. Obviously, the analogy between computer and biological viruses stretches things a bit, but there are enough similarities that the name sticks.

See SCAMS, Page 8.



Renfro

General concerned by traffic deaths

Bell Sends #23-04

19 July 2004

Driving Safety and Defensive-Driving Techniques

1. Two more USAREUR Soldiers have died in car crashes in Europe. One was killed in a controlled intersection—in which he had the right of way—when his vehicle struck another that had entered the intersection. The other died when he hit a vehicle in front of him and was deflected into oncoming traffic.

2. Everyone understands the dangers associated with unsafe driving practices, such as running red lights or passing without adequate visibility. But following the rules of the road alone is not enough to avoid accidents; and having the right of way does not guarantee that other drivers will respect that right. To protect themselves from being involved in vehicle accidents, including those caused by others, all drivers in Europe must learn and practice defensive-driving techniques.

3. Defensive-driving training—also called accident-avoidance training—provides valuable tools to help drivers identify and manage risks caused by others on the road. These tools include continuous observation and assessment, mental wargaming, and deliberate adjustment to help avoid getting involved in dangerous situations with other drivers. These training objectives help drivers sharpen their ability to identify potential risks, think through to possible

outcomes, and identify actions that would give them an “out” if they should need it.

4. In addition to using defensive-driving techniques, drivers can help avoid accidents by observing the following basic safety measures:

- Pay attention, concentrate on driving, and continuously watch for potential hazards. This includes avoiding conditions that reduce your ability to concentrate (such as driving when drowsy or talking on a cell phone) or that cause you to take your eyes off the road.
- Recognize and take action to avoid risky situations.
- Observe safe separation distances between vehicles.
- Continuously evaluate “what if” escape paths and maneuvers.
- Maintain vehicle control by using correct emergency-braking and steering techniques.
- Be prepared for anything to happen.



Gen. B. B. Bell

5. The USAREUR Safety Web site at <http://www.per.hqusareur.army.mil/services/safetydivision/main.htm> provides valuable information that drivers can use to avoid accidents. The Army Wheeled Vehicle Accident Avoidance Program, which is also available on the Web site, provides good individual defensive-driving training. All drivers are encouraged to review this Web site and take advantage of these resources.

6. Vehicle fatalities remain our biggest threat and our most important riskmanagement target. In the past, POV crashes accounted for 60 percent of all accidental fatalities in USAREUR. So far this year, POV crashes account for almost 90 percent of our accidental fatalities. Commanders must ensure that their personnel stay alert and use defensive-driving techniques as we continue to execute with excellence, Any Mission, Anywhere! I want you to share this Bell Sends with your entire chain of command and your Soldiers / civilian employees. Ensure you use this message as part of your safety awareness and fatality prevention programs.

B. B. BELL
General, USA
Commanding

Parents can prevent substance abuse

By Jacqueline Frawley

Adolescent Substance Abuse Counseling Services, or ASACS, is an Army-sponsored program. A great deal of my time in ASACS is spent in prevention activities to increase awareness of the problems and to provide students with alternatives to substance abuse.

One of my goals as an ASACS counselor this year was to reach students who do not have alcohol or drug problems but might have some high risk factors that could lead to abuse. Risk factors could include problems with grades, frequent family moves, aggressive behaviors, low self-esteem, inability to cope with stress

and other emotional problems.

I share with parents opportunities for them to be involved in prevention activities, information about drugs, signs to look out for as well as solutions if a problem is noticed.



Frawley

I am always available for any questions by calling 045 527-8269 or via Email at Jacqueline_Frawley@eu.odedodea.edu. Many students come to me looking for answers about substance abuse and I provide honest and accurate information. I also advise students about life skills, to learn how to be successful in school and in

their future.

I began focus groups for the middle school last year to provide students with increased decision-making skills, ability to deal with peer pressure and a better understanding of themselves, their feelings and how to handle normal relationship issues. I offered the same service this year as well as stress management for the older students.

Young people from military families usually have high values against using drugs. One drug that is not illegal is alcohol and sadly, it's easy for young teens to get. The younger students are, when they begin to experiment with alcohol, the more likely they are to develop problems related to it, including alcoholism. They are also more likely to experiment with other drugs.

Parental consent of alcohol use does not teach responsible drinking, as teens will continue to abuse alcohol when with their peers. Peer pressure can range from extremely powerful to very subtle. I encourage parents to know where their teen is and know their friends and the friends' parents as well. Start being involved at an early age, the earlier the better. It is easier to have a good relationship with your teenager if you have had a good relationship as they were growing up.

We have seen the TV announcements telling us that parents are “The Anti-Drug.” The commercials are right. Be the Anti-Drug in your child's life.

Frawley is ASACS counselor at AFNorth International School.

Be safe, plan ahead, make it home this summer

Summertime fun has hidden risks, which is why the Army in Europe started its summer safety campaign. The campaign promotes vehicle accident prevention, heat injury prevention, and recreation safety. Auto safety tops the list, according to USAREUR Safety Manager Dave Scott, citing the deaths of six of our personnel in crashes this year - three times more than the same period last year. Scott said Army in Europe members need to make it personal, and consciously anticipate dangers like autobahn construction sites, where traffic goes... “from the speed of light to a crawl, and always just around a bend in the road.”

Driving on secondary roads has been hazardous. Scott says that drivers shouldn't underestimate the time it takes to pass in relation to how far you can see so you don't

misjudge the speed of oncoming traffic. “Soldiers, civilians, and family members need to be prepared and drive defensively. Relax, be patient and enjoy the scenery,” Scott said. Good safety tools are available on the USAREUR home page at <http://www.hqusareur.army.mil>.

Trip planning is especially relevant during the summer travel season. Mike Willoughby, IMA Europe Safety Manager, emphasizes the need to plan enough time for the return trip. “Don't wait until the last minute to return and then feel the need to speed or drive through the night.”

In addition to plenty of time, Willoughby suggests some other considerations: Plan travel routes that avoid traffic jams, construction and potentially dangerous areas. Again, check out the USAREUR home page for more safety sense.

Know what kind of documents you need to get to your final destination. Be prepared for mechanical and medical emergencies. Make sure you have medical coverage while on vacation. Know how to contact emergency services en route and from the vacation location. Willoughby suggests packing an emergency kit appropriate for your mode of travel for peace of mind and perhaps even to ensure you make it to your destination. Willoughby also has suggestions for things to leave behind. Leave a copy of your itinerary, credit card numbers, travel documents, prescriptions, and a spare house key with someone you trust and whom you can reach in an emergency.

Safety sense doesn't stop once you're at your vacation location. Willoughby said, “Be Safe and make it home!”

Carefully think over that automobile purchase

By Northern Law Center

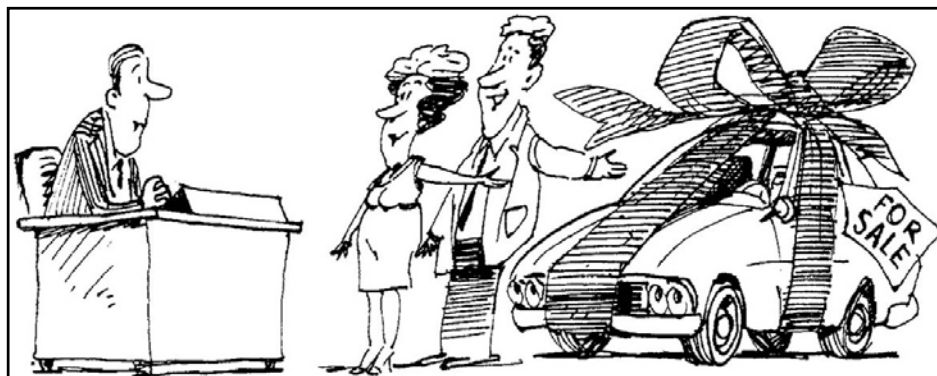
Many service members stationed in Belgium choose to buy an automobile here rather than shipping one from their previous duty station. Service members often decide to purchase a European brand auto intending to ship it back home when they change stations back to the States.

Buying a vehicle in Belgium is fraught with the same difficulties as buying one in the U.S. The chief fear is spending tens of thousands of dollars on a “lemon.” Different vehicle specifications in the U.S. and Europe and language difficulties communicating with Belgian auto retailers compound the problem.

The service member must decide whether to purchase a new or used car. One significant advantage with buying a new auto is the warranty. Although the specif-

ics vary between makers, generally all warranties guarantee the auto's major components, and that the auto, as a whole, is reliable and safe to drive.

very rare circumstances can an individual expect to break even, much less profit from, the purchase of an automobile. New autos depreciate in value extremely quickly. There-



Buying a new automobile has drawbacks, of course. Many consider an auto the worst investment they ever have to make. Only in

fore U.S. service members would do themselves a service by comparing resale values of new cars they are considering to purchase.

The main reason why some service members choose not to buy a new automobile is that used costs considerably less than new. Often a service member can find a used car in excellent condition at a much lower price than a new one.

Purchasing a used car has disadvantages as well. One thing to remember when buying a previously-owned auto is that you buy the vehicle “as is,” meaning the auto does not have a warranty. U.S. service members should remember this fact and consider hiring a professional mechanic to thoroughly inspect a used auto before buying it.

Service members must also look at their personal circumstances when deciding whether to buy a car. Through patience, study and proper planning a service member who wants to buy an auto here will reduce their chances of acquiring a lemon.

1st Armored Div. completes tour in Iraq

By 1st Armored Div. Public Affairs Team
BAGHDAD, Iraq – Task Force 1st Armored Division is on the way home after 15 months of duty in Operation Iraqi Freedom.

After casing their colors July 4, the task force Soldiers have begun their last mission: redeploying to their home stations in Germany, Fort Polk, La., and to Army National Guard and Reserve centers throughout the United States.

The task force marked some major “firsts” during the deployment. For Soldiers of the 1st Armored Div., this was longest deployment of any division in Iraq.

Task Force 1st Armored Div. was the largest division-based task force in U.S.

535th, 842nd and 1457th Engineer Bns., the 493rd Engineer Grp. and the 249th and 671st Engineer Cos.

Also serving in the task force were the 55th Personnel Service Bn., the 8th Finance Bn., the 350th and 354th Civil Affairs Bns., the 315th and 345th PSYOP Bns., and the 16th Corps Support Grp.

At its height, there were more than 39,000 Soldiers were part of the task force.

The task force secured some of Baghdad’s roughest neighborhoods and brought stability to the city and its surrounding countryside.

In addition to combat, task force Soldiers protected and improved the quality of life for over 5 million Iraqi residents in the city of Baghdad. The task force also trained Iraqi police and national guardsmen, renovated schools, established neighborhood councils and spent over \$60 million on these and other projects.

“We learned that people experiencing freedom for the first time may not understand how fragile it can be and how much sacrifice may be required to earn it and preserve it,” said Maj. Gen. Martin Dempsey, the task force’s commanding general.

In Baghdad, the task force faced a counterinsurgency war with more than a dozen guerrilla cells, successfully dismantling many and capturing numerous rebel leaders and financiers.

“Fifteen months ago,” Dempsey said, “Iron Soldiers of 1AD and Dragons of 2nd Armored Cavalry Regiment formed a Task Force and set out to make the world safer for their fellow Americans and provide an opportunity for the Iraqi people to be free. They did that.”

After turning the city over to the 1st Cavalry Div. April 15, the task force headed south to pacify the cities of Najaf, Diwaniyah, Al Kut and Karbala.

“Three months ago,” Dempsey continued, “the same group of Soldiers were asked to remain in Iraq to defeat militia uprising and preserve the path to an Iraqi



PHOTO: Spc. Andrew Meissner

Staff Sgt. Aaron Owen, Co. B, 16th Engineer Battalion squad leader, provides his Soldiers with covering fire while on dismounted patrol in Karbala, Iraq in support of Operation Iron Saber.

sovereignty. They did that, too. I hope you are as proud of what you have accomplished as I am of you.”

Extended for 120 days to tackle the new mission, elements of the task force moved south and took on over 17,000 square kilometers in southern Iraq to dismantle a radical militia that had taken control of a number of cities and was trying to discredit its nation’s new-found freedom. In 60 days of combat operations, Task Force 1st Armored Div. defeated the militias and restored stability to the nation’s southern region.

Among the Task Force’s accomplishments during its 15 months duty included planning and executing Operations Iron Hammer, Iron Justice, Iron Grip, Longstreet, Iron Bullet, Iron Promise and Iron Sabre. During these task force operations, Soldiers captured more than 700

criminals and former regime insurgents. They also confiscated thousands of rockets, mortars, tank rounds, rocket-propelled grenades and small arms.

Task Force 1st Armored Div.’s Iron Soldiers have also supervised an estimated \$2 billion in community improvements to Baghdad, rebuilt the failing infrastructure, and restored public utilities, facilities and services, refurbished war-damaged buildings and repaired roads.

Those mission successes and achievements did not come without cost. Since the start of Operation Iraqi Freedom, 133 Iron Soldiers lost their lives while serving in Iraq and 1,111 were wounded in combat.

“When our nation needed us, we were there,” Dempsey said. We did our duty with courage, discipline, and determination. We lived up to our name—Iron Soldiers.”

Army study: Iraq duty more stressful than Afghanistan

WASHINGTON (Army News Service, July 6, 2004)—Soldiers deployed to the front lines of Iraq face a higher chance of developing post-traumatic stress disorder and other mental disorders than their counterparts in Afghanistan, a recent Army study reported.

The study, published in the July 1 New England Journal of Medicine, was led by Col. Charles W. Hoge, a medical doctor at the Department of Psychiatry and Behavioral Sciences, Walter Reed Army Institute of Research. It surveyed members of three Army units and one Marine unit.

Service members who had various lengths of deployment were studied. Some Soldiers were surveyed in January 2003 before a year-long deployment to Iraq; the second group responded to questions after a six-month deployment to Afghanistan; while a third group of Soldiers was surveyed after an eight-month deployment to Iraq. The Marines were surveyed after a six-month deployment to Iraq. All were involved in hazardous security duties.

There were 5,386 Soldiers and 815 Marines in the survey. Hoge said they focused exclusively on combat arms units and Army Infantry during the initial invasions of Afghanistan and Iraq. This was done with the knowledge that these Soldiers and Marines would be more likely to have seen combat and have combat stress as a result.

“This is not generalized to all service members,” he

said. “The initial ground experiences may be different.”

Hoge said the study puts numbers to what is already known. “What is unique is this is the first time we have looked at this so close to combat deployment,” he said.

Eighteen percent of the Soldiers who responded to the survey questions after returning home from Iraq had PTSD, almost double the number, of Soldiers surveyed before deployment to Iraq. While only 11.5 percent of those returning from Afghanistan had the broad definition of PTSD. Soldiers in Iraq had a significantly higher exposure to combat than those deployed to Afghanistan.

PTSD is “a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape. People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe enough and last long enough to significantly impair the person’s daily life,” according to the National Center for PTSD Web site.

When asked if they have received professional help in the past months — which could have been help from a mental health care profession, a medical doctor or a clergy member — 11 percent of Soldiers returning from Iraq said

yes. In the same group, more than 16 percent said they were interested in receiving professional help, while 19.5 percent had a perceived moderate or severe problem.

Many Soldiers, who need mental health care the most, said they are not seeking treatment out of fear of being stigmatized, the survey reported. Of those meeting the screening criteria for a mental disorder, the largest perceived barrier — at 65 percent — was “I would be seen as weak.” The next largest barrier was “My unit leadership might treat me differently,” at 63 percent.

Hoge said the perception of being stigmatized with a mental health disease is not unique to the military but there are some unique factors such as cohesion and leadership.

“They are perceived that they may be treated differently but that may not be the reality,” he said. “But it could be enough to not want to seek help.”

One challenge is to find a way to reduce the stigma and encourage Soldiers to seek treatment, Hoge said.

Other Army and Navy doctors performed and wrote study results. A larger ongoing study will be reported in the future. Hoge said they will be looking at in greater detail factors shown in this study and looking to improve mental health and intervention to help Soldiers. The study took over two years to complete and had support from the highest levels of the Army from the beginning, Hoge said.

Retroactive travel reimbursement approved for R and R Soldiers

The U.S. Army announced June 29 that service members who traveled on rest and recuperation leave while deployed in support of Operations Enduring Freedom or Iraqi Freedom may be eligible for reimbursement of airline costs.

Payment of onward travel airline costs for R and R Leave Program participants was

approved Dec. 19, 2003. Authorization was granted June 21 to implement retroactive reimbursement for those who paid out-of-pocket for commercial airline travel between Sept. 25 and Dec. 18, 2003. Eligible personnel are military R and R participants who paid for their onward travel airline tickets from the airport they flew into from over-

seas, such as Baltimore-Washington International Airport, to their final leave destination.

According to Army records, approximately 40,000 service members traveled during the period of eligibility, and thus should file a claim with DFAS. Every attempt is being made to ensure those eligible

for reimbursement are informed of their eligibility and given instructions on claiming any money owed them.

More information for those who believe they qualify is available on the CENTCOM R and R Leave Program website at: <http://www.armyg1.army.mil/WellBeing/RRLeave/index.HTM>

ACE Adventure Camp going places



Here is a view of the Charleroi to Brussels canal from the tower of the sloping lock of Ronquières. Ships are brought to this level in one of two enormous water tanks.

By F. Neil Neeley

Eleven kids from the SHAPE Youth Services ACE Adventure Camp took a field trip July 15 to the Belgian town of Ronquières. There they toured Ronquières

tower and living exhibition and took a boat ride on the Charleroi to Brussels canal.

Ronquières has a unique sloping lock system that raises boats on rollers. In a marvel of Belgian engineering, the barge and a giant tank of water that it floats in are lifted as a single unit up one side of the lock and down the other with a 68 meter change of elevation.

The trip to Ronquières was but one of many activities being offered by youth services this summer. So far the kids have been on field trips to Germany and Paris with lots of fun trips planned for the future.

"We go on a lot of trips. It's really fun," said Sean Murnane, 13. "During the day we do different activities."

There is a different project or theme scheduled each week. Also there are different activities including bicycling and rollerblading.

This week Murnane marched to the beat of a differ-

ent drummer - literally. The week's class assignment was to build furniture out of cardboard. "That was pretty cool," said Murnane. But he and his friend Antonio decided to build a drum instead.

Ricky Hammond, 15, was in her first week of camp. She too was having a great time. "I think the program is cool. It gives kids something to do," she said.

Hammond plans to skip a week of camp. That's one of the program's options. A kid can pick and choose which weeks of camp to attend. "I'll go the week after when we go camping, horseback riding and everything," she said.

Chris Colón is employed year-round as a Youth Services program assistant. Colón enjoys the travel aspect as much as the kids. "I know we benefit from it as well as the kids," he said. "I actually like summer camp a lot because we get to do a lot of traveling."



Hammond

different," he said.

Colón praises the program which benefits the kids because during the summer they have something to do that's structured. "They're not running amok around SHAPE," he said. "Plus, they're not only having fun but some of the stuff's educational. Today we're here at

Ronquières learning about the boats and how the locks work."

Connie Woodley the Y.S. middle school program director explained that the Y.S. program mirrors SHAPE's international flavor and caters to international kids too.

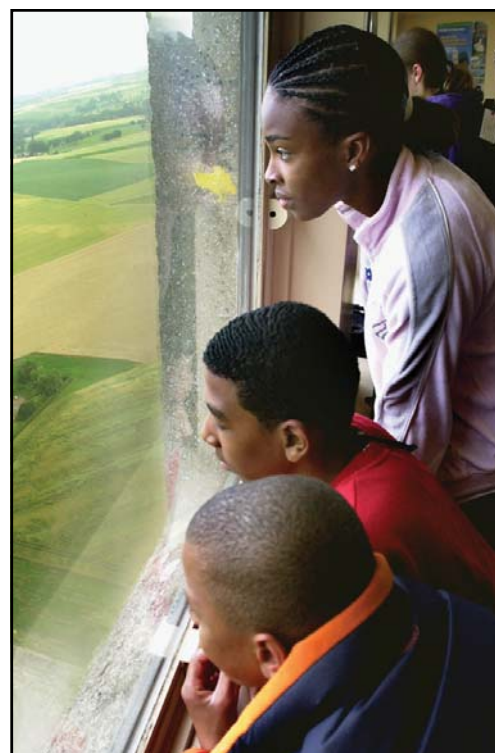


Colón

three of them are multilingual. Our program here is one of the best that I've ever been with," Woodley said.

Located just off exit 20 on the A-

Colón also enjoys the interaction. "We get to talk to the kids and find out about each one of them and find out just how they are all



Kids from ACE summer camp check out the view from the observation level of the 125 meter tower above the canal in Ronquières.

19 between Mons and Brussels, the Ronquières tower and living exhibition



Woodley

features exhibits and a multilingual audiovisual presentation to show the life of full-time barge-men as well as the workings of the lock. For information and reservations telephone 067

646680, email planincline@skynet.be or surf to www.Ronquieres.be



The campers enjoy a boat ride on the Charleroi to Brussels canal.



Sean Murnane improvises a set of drums out of snack containers.



Kids from the SHAPE Youth Services ACE summer camp listen to the English version of their museum tour through headphones. The tour explained what it was like to live on a canal boat.

Army designs new combat uniform



Sgt. 1st Class Jeff Myhre, the Program Executive Office NCOIC, sports the Army Combat Uniform, the recently approved wear for Soldiers. It contains 20 new improvements.

By **Sgt. 1st Class Marcia Triggs**

WASHINGTON (Army News Service, June 14, 2004) - The Army will be fielding a new combat uniform designed by NCOs and tested by Stryker Brigade Soldiers in Iraq since October.

On the Army's 229th birthday, senior leadership introduced the Army Combat Uniform during a Pentagon ceremony. Soldiers were on display, suited-up in the wrinkle-free uniform with a digitized camouflage pattern.

Three different versions of the ACU have been developed, and more than 10,000 uniforms have been produced and dragged through the sand in Iraq and at Army training centers. Even more are on American production lines to be issued by April 2005 to Soldiers in deploying units. Fielding to the total Army should be complete by December 2007, said officials from the Program Executive Office, known as PEO Soldier.

There were 20 changes made to the uniform, to include removing the color black and adapting the digital print from the Marine Corps uniform to meet the needs of the Army, said Sgt. 1st Class Jeff Myhre, the Clothing and Individual Equipment noncommissioned officer in charge.

Black is not useful on the uniform because it's not commonly found in nature. The drawback to black is that its color immediately catches the eye, he added.

"The color scheme in the ACU capitalizes on the environments that we operate in," Myhre said. "The current colors on the ACU are green-woodland, grey-urban environments and sand brown-desert. The pattern is not a 100-percent solution in every environment, but a good solution across the board."

"This isn't about a cosmetic redesign of the uniform," said Col. John Norwood, the project manager for Clothing and Individual Equipment. "It's a functionality change of the uniform that will

improve the ability of Soldiers to execute their combat mission."

Every change was made for a reason. The bottom pockets on the jacket were removed and placed on the shoulder sleeves so Soldiers can have access to them while wearing body armor. The pockets were also tilted forward so that they are easily accessible. Buttons were replaced with zippers that open from the top and bottom to provide comfort while wearing armor.

Patches and tabs are affixed to the uniform with Velcro to give the wearer more flexibility and to save the Soldier money, Myhre said. Soldiers can take the name-tapes and patches off their uniforms before laundering, which will add to the life cycle of the patches. Also the cost to get patches sewn on will be eliminated, he added.

The ACU will consist of a jacket, trousers, moisture wicking t-shirt and brown combat boots. It will replace both versions of the BDU and the desert camouflage uniform. The black beret will be the normal headgear for the ACU, but a matching patrol cap can be worn at the commander's discretion.

At \$88 per uniform, about \$30 more than the BDU, Soldiers will eventually reap gains in money and time by not having to take uniforms to the cleaners or shine boots.

The life of the ACU began in January 2003 when PEO Soldier teamed with Myhre, Master Sgt. Alex Samoba and Staff Sgt. Matt Goodine - from the 1st Stryker Brigade, Fort Lewis, Wash.

The team looked at a number of uniforms and took the best part of each and combined them. They built their first prototype and delivered 25 uniforms to Stryker squads at the National Training Center. After listening to their comments, the team went back to the lab and created prototype two.

Twenty-one uniforms were then delivered to Stryker Soldiers at the Joint Training and Readiness Center, Fort Polk, La.

"We watched them as they entered and cleared rooms, as they carried rucksacks and all of the things they had to be able to do in the uniform, and then we came up with prototype three," Myhre said.

Two issues of the third version were given to the Stryker Soldiers deploying to Iraq. Three months ago, Myhre was among a team who visited Iraq to get more feedback from Soldiers.

Sgt. Maj. of the Army Kenneth Preston is one of the ACU's biggest supporters. He said major command sergeants major had a chance to see the uniform and give advice toward the final version.

"We have not made a major change to our uniforms since the (battle dress uniforms) were introduced in the early 1980s," Preston said. "This new uniform performs well in multiple environments. Its new pockets and color designs are a result of feedback from Soldiers in combat. Every modification made on the uniform was designed with a specific purpose and not just for the sake of change."

NCO of the Year elevated another step

Staff Sgt. John Thompson, a desk sergeant at the 80th Area Support Group provost marshal office, continues to march through the hierarchy of Installation Management Agency as NCO of the Year. In fact, he has topped out of the race, as he was announced as NCO of the Year throughout IMA worldwide in a July 15 ceremony led by IMA commander, Maj. Gen. Anders Aadland.

Soldiers and NCOs of the Year from the seven IMA regions around the globe competed in the selection board July 12-15 at Fort A. P. Hill, Va. They were tested in their skills in day and night land naviga-



Thompson

tion, the Army physical training test, ten events in common task training, and firing the M-16 rifle. They also completed a written test with 50 questions and composed an essay of 500 words in 2 1/2 hours.

"The first day they started us at 6 a.m. and we weren't done until midnight," Thompson said.

Thompson was selected NCO of the Year for the IMA, Europe region June 25, and he got to that competition by winning NCO of the Year for the 80th ASG for 2003.

His next step is the selection board for the Army's National Capitol Region NCO of the Year at the end of July. If his winning streak continues there, he will move on to the all-Army board in September.

Essay contest to award \$35K

An essay contest open to all, asks applicants to reflect on issues behind a "new kind of war."

The "Principles of War Essay Contest" will award \$15,000 to the writer who best answers the questions, "Have the principles of war changed? How are they changing? Or do they remain valid?"

The 2nd- and 3rd-place finishers will receive \$10,000 and \$5,000, respectively. There will be five honorable-mention awards with a \$1,000 prize.

All essays must be 3,500 words or less and turned in by Feb. 1. They should be sent to principlesessay@navalinstitute.org.

See <http://www.usni.org/contests/contests.html#list> for more information.

Retirement leads to new 1st Sgt. assignment for HHC, 80th ASG

Responsibility for Soldiers in Headquarters and Headquarters Co., 80th Area Support Group, was transferred July 16 in a ceremony on Daumerie Caserne in Chièvres, Belgium.

1st Sgt. Thomas Gilchrist relinquished responsibility to Master Sgt. Michael Roth, who was last assigned to U.S. Army, NATO, where he was NCOIC of the logistics coordination cell.

The unit first sergeant is traditionally responsible for training, including physical training, accountability, and financial readiness, for the unit's Soldiers. He is also responsible for health and welfare issues for all military personnel and family members.

Roth's home town is Greensboro, N.C. He is a graduate of the University of Oklahoma and holds a master's degree in human relations. Roth's military schools consist of PLDC, BNCOC, ANCO, recruiter school, and several other MOS related courses.

He entered the U.S. Army in 1986 and

completed basic training and AIT at Fort Bliss, Texas graduating as a 16R (air defense crewman). His first assignment was 2nd Bn., 61st Air Defense Artillery, in Munsan, Korea. Roth's continuing assignments



Roth

included 5th Bn., 5th Air Defense Artillery, in Camp Pelham Korea; 85th Maintenance Co. in Fort Lewis, Wash.; 81st Quartermaster Co. in Puyallup, Washington; the Army recruiting station in Fort Lewis, Wash.; and 20th Corps Materiel Management Center.

Roth's awards and decorations include the Meritorious Service Medal, Army Commendation Medal (2nd award), Army Achievement Medal (6th award), Good Conduct Medal (5th

award), Overseas Service Ribbon, NCOES Ribbon (3), National Defense Service Ribbon, Recruiter Badge with Three Sapphires, and the Recruiter Ring.

Roth is married to Elsa Rodriguez-Roth of Chihuahua, Mexico. They have been married for 17 years.

Gilchrist is from Hopewell, Va. and he entered the U.S. Army in 1979. Gilchrist's career has taken him to Fort Meade Md., Fort Irwin, Calif., Hanau, Germany, Fort Huachuca, Ariz., New England Recruiting Bn., Camp Hovey, Korea, 2nd Inf. Div., Fort Hood, Texas, and Chièvres, Belgium. He deployed from Wiesbaden, Germany to Operation Desert Storm, and Desert Shield.

Gilchrist has attended numerous military schools including the U. S. Army First Sergeants Course at Fort Bliss, Texas. He also was awarded a bachelor of science degree in business administration from Trinity Col-

lege and University in Metairie, La.

Gilchrist's awards and decorations include the Army Commendation Medal, fourth award; Army Achievement Medal, eighth award; Good Conduct Medal, eighth award; National Defense Service Medal; Korean Service Medal; Southwest Asia

Service Medal with two Bronze Stars; Kuwait Liberation Medal; Global War on Terrorism Service Medal; NCO Professional Development Ribbon (3); Army Service Ribbon, Overseas Service Ribbon (4); Gold Badge Recruiter with two Sapphires; and Major General Aubrey "Red" Newman Award.

Gilchrist has two sons, Thomas Jr., 19, and Trevon, 10, and one daughter, Kalisha, 16, who currently live in Haverhill, Mass.

As he transitions to civilian life, Gilchrist is presently considering several job opportunities.



Gilchrist

Brussels Community Calendar

Learn about veteran benefits July 28, 10 a.m.-noon; One-on-one counseling 1-4 p.m., NSA, conference room, Brussels. Reservations or info: DSN 423-4575 or maria.johnson@usanato.army.mil
ACS - Toddler play group every Tuesday and Thursday through Aug. 26, 10 a.m.-noon, CYS multipurpose room; *for sponsorship training* call the ACS Relocation Readiness Program Manager at 02 717-9729; *Newcomers briefing featuring key agency overview*, July 27, 8:45 a.m.-2:30 p.m., NSA Bldg 3, command conference room; *Newcomers briefing featuring hospital tour* and general information about Belgium, July 28, 9:25 a.m.-noon, ACS NSA Building 4; *Newcomers briefing featuring local food store information*, July 29, 9:30-11 a.m., ACS NSA Building 4. Call ACS to sign up, 02 717-9783.

Metro Madness outing is July 23, 9:25 a.m.-2:30 p.m. Meet at ACS, in NSA Building 4. This class will acquaint you with the bus, the metro, and the tram and is limited to 10 people. Info: 02 717-9783.

ACAP career transition workshop, Aug. 17-18, 9 a.m.-4 p.m., at Hotel Maisières in Mons, in front of SHAPE. Registration: 02 717-9783.

Pre-natal classes from the New Parent Education and Support Program. Info: 02 717-9684.

The National School Lunch Program offers free or reduced-price lunches to eligible families. Info: ACS Financial Readiness Program Manager, 02 717-9698.

NSA Three-Star Lounge - Battle of the Services 8-Ball pool tournament is July 23, 9 p.m. Registration is at TSL. There is a \$5 fee. Info: Junet, 02 717-9732. Supervisors: show your staff how much you appreciate them at Right Arm Night, Aug. 6, from 5 p.m. Chicken wings will be available while they last. Info: 02 717-9732. Movie

nights are every Friday, 7 p.m., stop by and watch a newly released movie on one of our big screen TV's. NSA Three-Star Lounge is open to all Tri-Mission ID card holders and accompanied guests 18 and older. Minors are permitted for family nights only. New hours are Friday, 5 p.m.-1 a.m., but open Thursday if Friday falls on a holiday; and Saturday, 7 p.m.-1 a.m. Info: 02 717-9822/9819.

Sports and Fitness - Adult softball league through Aug 7, Tuesdays and Thursdays starting at 6:30 p.m. and Saturdays starting at 10 a.m., BAS; adult softball league tournament play Aug. 9-13, BAS. Info: 02 717-9667.

NSA Youth Sports seeks *soccer and flag football coaches*. The season is mid-August through early November. Info: NSA Youth Center or susan.turney@benelux.army.mil. *Co-ed Youth soccer and flag football registration* at NSA Youth Center is now through July 31. If you will be out of town, you may email your intent to susan.turney@benelux.army.mil. Soccer is for children age 5-15 and costs \$30; flag football for ages 9-14 costs \$35. Info: 02 717-9649. *Bitty Booters Start Smart Soccer for 3-4 year-olds* Cost is \$30. Sessions are Wednesdays, 1:30-2:30 p.m.; and Saturdays, 9:30-10:30 a.m.; select preference when registering. Contact Coach Sue at 02 717-9649 or susan.turney@benelux.army.mil. *Football volunteers* - Are you a former pro, college or high school player? We are looking for volunteers to assist with football camps the first two weeks of August. Summer football camp (offense) for ages 8-17, Aug. 2-6, 9 a.m.-3 p.m., BAS; Summer football camp (defense) for ages 8-17, Aug. 9-13, 9 a.m.-3 p.m., BAS. Info: 02 717-9649.

Child and Youth Services - Summer Camp through Aug. 13, 8 a.m.-6 p.m. Info: 02 717-9665.

NSA Outdoor Recreation - *Paris*

Entertainment

Neo-classical soul meets funk-jazz as singer Inobe tours U.S. facilities in Europe. The Atlanta-based singer and her band appear -

July 26, 7 p.m., at the International Inn, AFNorth. Info, Sgt. Brodwater, DSN 364-3019.

July 29, 7 p.m., at the IC Club, Building 303, SHAPE. Info, Olivier, DSN 423-3312.

July 30, 7 p.m., at the Prime Time Lounge on Daumerie Caserne, Chièvres. Info, Harry Geesaman, DSN 361-5589.

July 31, 8 p.m., at the Three Star Lounge, Brussels. Info, Lisa Passalacqua, DSN 368-9639.



in the summer, July 31. Cost \$40 adults and \$33 children. *Canterbury Cathedral*, Aug. 7. Cost: \$45 adults and \$39 children under 12. Info: Leon Dillien, 474 68 35 44 or 02 717-9775.

Job opportunities - *Bar Assistant*, NA-7405-2 (Flex), an open continuous position, announcement number NAF-CHI-OC05; *Caterer*, NF-1101-3 (Flex), announcement NAF-CHI-040324-A, closing date Aug. 31. Full descriptions for both positions are at the NAF employment section, www.chrma.hqusareur.army.mil. Info: Jean-Luc Clarembeau, 02 717-9735 or jean-luc.clarembeau@benelux.army.mil. *Automation Services Instructor*, Army Community Service, NSA, seeks a non-personal services contractor to provide basic computer classes in support of the Family Member Employment Assistance Program, Sept. 30, 2004 through Sept. 30, 2005. Qualifications: minimum of a post-high school diploma or specific automation certification. Pick up application packets July 26-Aug.

12 at ACS, NSA. Application deadline is Aug. 12, by 5 p.m. Applications must be returned in a sealed envelope to ACS, FMEAP, NSA.

NSA Chapel - Vacation Bible School is July 26-30, 5:30-8:30 p.m. each evening. Join the team at SonGames 2004, a week of sporting good fun. Children will discover how to live as members of God's team. Team up, get strong, keep on, and celebrate. We will have a great time with lively songs, skits, crafts, games, Bible stories, a puppet show and snacks; such as hotdogs, pizza and cookies. Volunteers needed. Registration or info: 02 717-9677.

Multi-Craft Center Cross-stitching Wednesday-Thursday, 6 p.m. and Saturday-Sunday, 10 a.m.; *jewelry making* Wednesdays at 6 p.m.; *adult basic ceramics* Wednesday-Thursday, 2 p.m.; *basic ceramics for adults and children* Saturday-Sunday, 10 a.m.; *basket weaving* Wednesday-Thursday, 6 p.m.; *wood shop power tools* Saturday-Sunday, 10 a.m.; *framing*

Thursdays, 2 and 6 p.m.; *auto craft* Wednesday and Thursday, 7 p.m. Call for more info or to sign up. Info: 02 717-9629.

Library - Story Time for 3-6 year olds every Wednesday at 10:30 a.m.; summer reading program for 6-12 year olds through Aug 7; new hours: Monday closed, Tuesday and Thursday 10 a.m.-6 p.m., Wednesday 10 a.m.-7 p.m., Friday 2-7 p.m., Saturday 11 a.m.-5 p.m. and Sunday 12-5 p.m. Info: 02 717-9705.

NSA Food Court - New hours: Monday-Wednesday 8:30 a.m.-2:30 p.m., Thursday 7:30 a.m.-2:30 p.m., Friday 8:30 a.m.-2:30 p.m., Saturday-Sunday 11 a.m.-2 p.m. Info: 02 717-9789.

Installation Volunteer Coordinator - If you have time on your hands, and want to help the community, become a volunteer for a DCA facility, program or special event. Info: 02 717-9679. *For more information about events happening in the Brussels community, visit www.brussels.army.mil.*

SHAPE and Chièvres Community Calendar

The Arts and Crafts Center on SHAPE offers a variety of children's classes throughout the summer for children as young as 6 years. It's a fun and creative way to get over those rainy days during the summer and get your kids away from the TV and computer. Classes include paper cutting, bisque painting, window painting, T-shirt design, mosaic, jewelry making, sew your own toy, plant pot people, polymer clay, built a bat house, cut and paint your own figurine and many more. Info: DSN 423-5481 or 065 44-5481.

ACE Adventure Camp for grades 6-8 is on until Aug. 20, 7:30 a.m.-4 p.m. Join in on day trips, skill classes and character workshops. Pre-registration and payment are required. Info: Gwendolyn Whitney, DSN 423-5635.

Vet Clinic on Daumerie Caserne - Register your pet today and talk to the vet about the rules and regulations in Belgium. What kind of microchip does your pet need? Get tick control and leukemia vaccination for your pet. New hours are Monday, Wednesday and Friday, 9 a.m.-11:30 a.m. and 1-4 p.m.; closed all other days except Saturday clinic held once per month. Info: DSN 361-5435/5352.

Chièvres commissary is closed July 28 for

an organizational day for employees and their families. Normal hours return July 29, 10 a.m.-7 p.m. Info: DSN 361-5455.

Job offered - The University of Phoenix seeks a part-time representative for the SHAPE/NATO Support Activity Education Centers. Ideal candidates will have a bachelor's degree, strong customer service skills, attention to detail, and knowledge of military and educational environments. Send resume to patricia.busque@phoenix.edu.

Entertainment Update - Salsa dance classes are every Monday at the IC Club, 6:30-8:30 p.m.; Adult acting classes will resume in late Aug.; Children's Theater Classes start this fall by popular demand, Thursdays, 4-5 p.m., ages 5-9 and Fridays, 4-5:30 p.m., ages 9-15. Students over 15 may attend adult acting classes with a parent's permission. Auditions are the first week of Sept. for the SHAPE children's play, "Knightly Dreams." Look for more details Aug. 28 at Fun Fest; One-Act Play Festival auditions are the week of Aug. 9-12 in the evening; Auditions for the SHAPE Players comedy and musical are in December. Info: DSN 423-3312.

BOSS activities - Info: Spec. Abril-Quintana, DSN 361-5377.

Infant massage class every Thursday, 11 a.m.-noon, at SHAPE Health Facility. Pre-registration required. Info: Fiona Webster, DSN 423-3321.

Take the Train to Brussels July 30, 8:30 a.m.-4 p.m.; Cultural adaptation trip, Aug. 7, 9 a.m.-5 p.m. Both meet at ACS, Building 318. Register with Veronique Hensgens, DSN 423-5324.

Prime Time Lounge, Daumerie Caserne - Info: Kristyn Facchini, DSN 361-5540
Story Time at the library, Chièvres Air Base, July 29, 4:30-5 p.m. Info: Jackie Goldfarb, DSN 361-5767.

80th ASG Unit Level Softball Championship is July 24, starting at 9 a.m. Info: Harry Geesaman, DSN 361-5589.

Defense Messaging System class, July 27, time TBA, UATP classroom in Building 8 on Daumerie Caserne. To enroll access <https://www.uatp.hqusareur.army.mil>. Info: Steve Dalby, GSM 0497 33 20 23, or email Steve.Dalby@Training.hqusareur.army.mil.

Anger Management class every Tuesday morning from 9 to 10 a.m., ACS Bldg. 318. Details at DSN: 423-5263.

Job opportunities briefing every Wednesday, 9 a.m.-noon, SHAPE/Chièvres ACS, Building 318, open to all SHAPE family

members, pre-registration is required. Info: Pina Artale, DSN 423-4904.

American Red Cross, SHAPE, DSN 423-4008 or 065 44-4008, email RedCross@Benelux.Army.Mil - CPR/FA classes provide training in cardiac, choking and respiratory emergencies for adults, children and infants. Available July 31, 8:30 a.m.-6 p.m.; Aug. 10-11, 5:30-9:30 p.m.; Aug. 21, 8:30 a.m.-6 p.m.; Aug. 31-Sept. 1, 5:30-9:30 p.m.; Sept. 18, 8:30 a.m.-6 p.m. First Aid / CPR/AED Instructor trains candidates to conduct American Red Cross CPR, AED, First Aid and Workplace Wellness courses, meets July 26-28, 5:30-9:30 p.m. Babysitter's Training, meets Aug. 7, 9 a.m.-5 p.m.; Aug. 24-26, 4-6 p.m.; Sept. 11, 9 a.m.-5 p.m.; Sept. 21-23, 4-6 p.m. Life Guard Instructor course, meets July 24-25, 9 a.m.-5 p.m. Pet First Aid program teaches effective actions that will safeguard an injured pet, meets July 29, 4-8 p.m. HIV/AIDS Awareness and Instructor Training give critical information about this epidemic and how to prevent it. Please contact the Red Cross office, meetings TBA. "Together We Prepare" is a lifesaving presentation, available upon request, filled with information on preparing for disasters. Info: contact the Red Cross office in building 318.

Command changes at medical clinic on SHAPE



PHOTO: Vanessa Thonnard, TASC Daumerie Caserne
Col. Rhonda Cornum, commander of Landstuhl Regional Medical Center, passes the SHAPE Healthcare Facility unit guidon to incoming commander, Lt. Col. Mark Menich, in a June 17 ceremony.

Command changed at SHAPE Healthcare Facility in a ceremony held outside the clinic June 17.

Col. Rhonda Cornum, commander of Landstuhl Regional Medical Center, was presiding officer for the ceremony in which Col. Paul Reynolds relinquished command to Lt. Col. Mark Menich.

Menich grew up in Cary, Ill. He attended Univ. of Illinois, and was awarded a bachelor of arts degree in history in 1980. He returned to Univ. of Illinois and entered medical school as an Army Health Professions Scholarship Program student, graduating in 1987. His introduction to the Army was the AMEDD Officer Basic Course at Fort Polk, La. in 1984.

Menich completed an internship at Maricopa Medical Center in Phoenix, Ariz. and finished his internal medicine training in 1990 at Walter Reed Army Medical Center.

His first assignment following residency was at the (then) 196th Station Hospital at SHAPE, where he served as staff internist and then chief of internal medicine. In 1993, he moved on to the U.S. Army MEDDAC in Heidelberg, where he served as chief of medicine, and then chief of primary care. Upon his return to the

U.S. in 1996, he was medical director of the Family Health Center of Fairfax, a subsidiary clinic of Dewitt Army Community Hospital, Fort Belvoir, Virginia.

Menich returned to Walter Reed in 1998 and completed his fellowship in allergy and immunology in 2000, staying on to serve as staff allergist and fellowship instructor.



Reynolds

Menich returned to DeWitt in 2001 as chief of the allergy and immunizations service, maintaining an active practice in allergy, immunology, internal medicine, and travel medicine. He continued as a clinical instructor in both the DeWitt Family Practice Residency program, and the Walter Reed Allergy and Immunology Fellowship program.

Menich is a graduate of the AMEDD Officer Advanced Course, and Command and General Staff College. He is the recipient of the Meritorious Service Medal with

two Oak Leaf Clusters. He is board certified in both allergy and immunology, and in internal medicine.

He is married to Jeannie Daniels-Menich. They have two children, David, 19, and Aubrey, 9.

Reynolds has retired from active duty and moves on to teach at Stanford University School of Medicine.

254th BSB Local Calendar

Treebeek Education Center offers "Individual Academic Instruction" designed to support folks who are unable to attend formal classes because of duty commitments, or who can benefit from a tutorial setting. Info: Bettymae Koopman, DSN 364-6060 or 045 563-6060.

Staff contracts at the 254th BSB Chapel are bid out annually and become effective Oct. 1: religious education coordinators (Catholic and Protestant); keyboard musicians (Catholic and Protestant); Catholic priest and Orthodox priest. Info: Chaplain Scott Borderud at International Chapel in Brunssum, DSN 364-2214 or 31 45 526-2214, Email scott.borderud@benelux.army.mil.

Construction work - The railway crossing at the entrance of the Borgerweg leading into Schinnen Emma Mine Complex (SEMC) will be reconstructed and a detour will be in effect. The yellow detour sign "C" will direct visitors to Schinnen Emma Mine Complex, or SEMC. The construction work is planned for: the weekend

of July 23, 11 p.m., to July 26, 7 a.m.; the night of July 26, 9 p.m., to July 27, 7 a.m. Visitors leaving SEMC will follow the detour sign "D" to the center of Schinnen and, if necessary, follow the detour sign "A" to the autobahn entrances in Nuth. Info: Hans Hoedemaekers, DSN 360-7447 or 31 46 443-7447.

IACS is here - Schinnen Emma Mine Complex and Treebeek Education Center started using the Installation Access Control System, or IACS, on July 7 to control entry. Before IACS, you needed two forms of ID to get onto either Schinnen or Treebeek. Now you only need one. That ID is scanned by guard personnel. A hand held computer lets them know if you are allowed access or not. Anyone who is authorized to come onto Schinnen or Treebeek needs to register with the IACS system at the Schinnen Provost Marshal's Office (PMO), Building 2, Monday-Thursday, 8:30 a.m.-4 p.m.; Friday 8:30 a.m.-noon. The PMO is located on the right just after the main gate. Effective now, personnel entering Schinnen or Treebeek who are not registered in the IACS database will have to be manually

entered into the IACS system every time they enter the post. Non-U.S. DoD cardholders and non-U.S. NATO Soldiers will not be allowed access until they register with IACS. Once registered, U.S. Soldiers and family members can sign in up to four visitors. If you are not registered you cannot sign in guests and you will have to wait while the guards get all your information. This can take 5-10 minutes or longer. It only takes about five seconds to get your I.D. scanned once you are registered. Info: DSN 360-7555.

Motorcycle course set - 254th BSB offers the mandatory motorcycle safety course, ordered by USAREUR commander, Gen. B. B. Bell. The course requires motorcycle riders to complete MSF training which consists of either the Basic Rider Course for new or re-entry-level riders or the Experienced Rider Course for those with six months or 5000 miles recent riding experience. The class consists of a riding range portion held at the slag heap in Brunssum and a class given in the Schinnen classroom. Basic Rider Course classes are Aug. 1, 1 p.m. (classroom); Aug. 2, 7:30 a.m. (range)

and 1 p.m. (classroom); Aug. 3, 7:30 a.m. (range); Sept. 12, 1 p.m. (classroom); Sept. 13, 7:30 a.m. (range) and 1 p.m. (classroom); and Sept. 14, 7:30 a.m. (range). Experienced Rider Course classes are Aug. 4, 16 and 17 and Sept. 15. Sign up with Wauter Vermeulen at 254th BSB drivers testing, DSN 360-7433/7655 or 31 46 443-7433/7655 or email wauter.vermeulen@benelux.army.mil.

Meet people - *American Spouses' Club* hosts an open house Aug. 26, 7-9 p.m. at AFNORTH International School cafeteria. Get info about the club and other community organizations. Refreshments and door prizes offered. *Schinnen Family Readiness Group* has a welcome BBQ at the picnic pavilion in Schinnen Aug. 17, 6 p.m. U.S. military and civilians stationed at Schinnen are invited. Drinks and meat are provided. Please bring a side dish to share. Info: Melissa Leugers, 046 439-7577.

U.S. Dept. of Veterans' Affairs (VA) briefs benefits July 29, 10 a.m.-1 p.m., at the command conference room, second floor, Building 8, in Schinnen. Some of

the topics covered: medical assistance overseas, filing for VA compensation claims and reopening compensation claims, the three G.I. Bill education programs, VA pensions, death and burial benefits, VA mortgages and insurance. Individual appointments are possible after the briefing. Please reserve a space with Ron Holland, DSN 360-7320, or John Sckorohod, DSN 360-7485, by July 25.

New space-available policy - Due to fewer medical providers, the U.S. Clinic at Geilenkirchen Air Force Base cannot provide medical care to space-available patients or retirees who have not enrolled in TRICARE Plus. The clinic strongly requests individuals not to put off any healthcare concerns due to lack of access at GK Clinic. This would only increase health risks and medical care costs. A list of Dutch and German primary care managers located in the Tri-Border region is available at the clinic in Geilenkirchen. The U.S. clinic pharmacy will still refill current prescriptions for space-available patients and retirees not enrolled in TRICARE Plus but they will not be able to rewrite expired prescriptions. Info: 49 2451 99-3310/3321.



Benelux Meteor Deadline and Publication Dates

Copy due (noon)	Print Date	Copy due (noon)	Print Date	Copy due (noon)	Print Date	Copy due (noon)	Print Date
July 26	Aug. 6	Aug. 30	Sept. 10	Sept. 27	Oct. 8	Oct. 25	Nov. 5
Aug. 9	Aug. 20	Sept. 13	Sept. 24	Oct. 8	Oct. 22	Nov. 8	Nov. 19

About Us



The *Benelux Meteor* is the authorized unofficial Army newspaper published under AR 360-1 for 80th Area Support Group personnel. Editorial content is provided by the 80th Area Support Group Public Affairs Office and the 254th Base Support Battalion Public Affairs Office. Opinions expressed are not necessarily the official views of, or endorsed by the U.S. government, Department of Defense, Department of the Army or the 80th Area Support Group. The *Meteor* is published twice per month. Circulation is 3,000. Our mailing address is Benelux Meteor, HQ 80th ASG, Unit 21419, Public Affairs Office, APO AE 09708. Telephone: DSN 361-5419; fax: DSN 361-5106; civilian telephone prefix: 068-27-5419. The country code for Belgium is 0032. Email address: meteor@benelux.army.mil

Policy

- We encourage letters to the editor, but they must be signed. We will consider withholding the name of the author upon request. Letters regarding an issue should contribute to informational interest.
 - We reserve the right to edit all material for style, to fit available space, to resolve libel, safety or force protection issues and to correct grammar.
 - Articles in plain text and separate photographic files may be submitted but publication depends upon the judgment of the editor. All submissions should be in electronic form as plain text. We cannot process information in documents such as PowerPoint, Excel or Acrobat.
 - Event announcements must use civilian dates and times. Spell out acronyms and include a contact name, telephone number and e-mail address. To save space, we cannot reproduce prepared flyers in the *Meteor*.
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- Messages from readers from profit and non-profit organizations which involve money exchange constitutes advertising.
 - Neither the *Benelux Meteor* staff nor other public affairs personnel can accept advertising requests.
 - The appearance of advertising, including inserts, does not constitute endorsement of the products or services offered. Everything advertised must be available for purchase, use or patronage, without discrimination.

- Any gambling or lottery requiring payment for chance cannot be advertised as stated in 18 U.S.C. 1302.

Deadline

Copy and photographs are due by noon 10 calendar days before publication date.

Commanders

Col. Dean A. Nowowiejski 80th Area Support Group
Lt. Col. Richard S. Richardson 254th Base Support Battalion
Lt. Col. Jon M. Davis Jr. NATO Support Activity

Public Affairs Officers and personnel

Marie-Lise Baneton 80th Area Support Group
(Vacant) 254th Base Support Battalion
Rick Haverinen Editor
F. Neil Neeley Writer
(Vacant) Writer

39th Signal Bn. changes command in July 9 ceremony



PHOTO: Vanessa Thonnard, TASC Daumerle Caserne

Incoming 39th Signal Bn. commander Lt. Col. Thomas Mahoney holds the unit guidon in a change of command ceremony July 9.

Command of the 39th Signal Bn. changed July 9 in a ceremony held in the Community Activity Center on Chièvres Air Base.

Lt. Col. Randall Bland relinquished command to Lt. Col. Thomas Mahoney in the ceremony presided over by 2nd Signal Bde. commander Col. Hubert Newman.

Mahoney received his commission in 1984 through the ROTC program at St. Cloud State Univ., Minn. and he attended the Signal Officer Advance Course in 1990, transitioning to the Signal Corps.

Mahoney deployed to Operation Desert Storm in 1991 and he was assigned to 5th Signal Cmd. in Worms, Germany, in 1995.

Mahoney became the 72nd Signal Bn. operations officer in Mannheim, Germany in 1997 supporting IFOR and SFOR operations in Bosnia and Croatia.

He was assigned to the United States Military Observer Group – Washington D.C., in 1998 supporting the Army's peacekeeping deployments as an operations officer. Mahoney attended the Army's Command and General Staff College in 2000.

Mahoney moved to NORAD – U.S. Space Command, Peterson A.F.B., Colo., in 2001 where he worked as the commercial satellite opera-

tional manager.

Mahoney's major awards and decorations include the Defense Meritorious Service Medal; Meritorious Service Medal with one Oak Leaf Cluster; Army Commendation Medal with two Oak Leaf Clusters; Joint Achievement Medal; Army Achievement Medal with three Oak Leaf Clusters; National Defense Service Medal; Ranger Tab; Senior Parachutist Badge; and Ex-



Newman

pert Infantryman Badge.

Mahoney was awarded a masters degree in management information systems from Bowie State, Md.

He is married to Michele Holl, and they have two sons, Andrei and Dimitri.

Bland commanded

39th Signal Bn. since June 2002. His next assignment is to attend the Senior Service College at the Industrial College of the Armed Forces at Fort McNair, Va.



PHOTO: Rick Haverinen

Outgoing 39th Signal Bn. commander Lt. Col. Randall Bland, left, and Command Sgt. Maj. James Lester enjoy a moment with a well-wisher following the ceremony on Chièvres Air Base.

SCAMS, from Page 1

Then there are the scam offers. As an example, Renfro cautions us never to fall for any scheme in which someone asks your help in getting funds out of an African nation.

"They'll ask you to open a bank account so that they can put all of this money into it," he said. "What they don't tell you is that they want this to be a joint bank account. They want you to put up some earnest money into that account so that they know that you're not going to pull a fast one on them. Of course, they're the ones who are going to pull the fast one."

Renfro says there is a newer variation on the scam. "Someone will offer to buy a vehicle or something of high value from you without negotiating the price," he said. "They will insist on paying more than the asking price, sight unseen. They then stipulate that you are to pay the difference in value to a third party to whom the scam artist allegedly owes money. If you fall for that one, you will be left holding a bogus cashier's check that will bounce long after you have signed over your valuable property."

Renfro explains that after the check bounces, your bank will demand that you make it good. "Not only will you have lost your property," he said. "You will have to pay the bank the difference between its sale price and the amount paid out to the scam artist's accomplice."

The I.M.O. tries to filter email scams. "We don't get them all, but we get some of them," Renfro said. "There is a list on the I-Assure page that lists all the file types that will be blocked. Because of one of the worms right now, we are also blocking zip files based on the last USAREUR recommendation. Dot docs will still go through but zips won't. Executable files won't go through either."

Renfro offers tips to our readers to avoid malicious code. "On the email side of the house, if you think you shouldn't forward it, don't," he said. "If you get an email with an attachment from someone you don't know, delete it. If it's from someone you do know, and you weren't ex-

pecting it, delete it. If it's actually infected, most of the time we will delete it for you. A lot of the time you'll just get an empty file that says, 'File deleted.'"

Renfro offers tips for safe surfing, "Don't download anything on a government computer," he said. "If you download at home, you should have an anti-virus program and a firewall." Renfro recommends installing two packages that are free to the community. "That is Spybot and Adaware version 6," he said. "Spybot will search your

"While you are sitting there reading what's on the screen or looking at nice pretty pictures, it's downloading software onto your computer. Every time you go to a website things are downloading. Malicious software can download and install itself without you knowing it. It can record everything that you put on your keyboard."

"The next time you log on it's got your password," he said. "Every so often the hacker will send a robot to your machine and just gather up all of your files. Then he not only has your login password, he also has the

passwords for any systems that you log in online. Peoples' email addresses and everything else is all recorded. This is what Spybot and Adaware will eliminate."

Renfro reminds us that before we were given access to our government computers we all had to pledge that we wouldn't abuse them. "We all know that we shouldn't be visiting restricted sites or downloading files from the Internet but there is currently a big problem with people abusing their AKO email accounts," he said. "These accounts were meant to be a great benefit to the Soldier and his family so that they can stay in touch. Unfortunately, people who abuse the system by using official email for unintended uses are unwittingly exposing government system to hackers and malicious coding."

His final advice, "Just practice safe computing and surfing. Don't go where you're not supposed to be. Don't download unless you're absolutely sure of what you're getting because there's a lot of nasty stuff out there."

If you're shopping or surfing use one of the free services such as Hotmail and Yahoo, posting of your government-issued email address exposes our network, and your email account, to spam and malicious activities and can be considered misuse of government assets.

For further information, contact Robert Renfro at DSN 361-5368/5041 or Steve Pratschler at DSN 366-6522.



'Way-y-y Out of Africa'

machine for back doors and Trojans." While anti-virus programs won't catch everything, Renfro says that these two programs from two different vendors work as a team. "They'll look for Trojans, back doors and spy software in your system," he said.

"A lot of websites are actually hacker sites," he said.